



GOVERNMENT OF THE UNITED STATES VIRGIN ISLANDS  
**DEPARTMENT OF PROPERTY & PROCUREMENT**

#3274 ESTATE RICHMOND, CHRISTIANSTED, ST. CROIX, U.S. VIRGIN ISLANDS 00820-4241

BUILDING # 1 SUB BASE, ST. THOMAS, U.S. VIRGIN ISLANDS 00802

[www.pnpvi.org](http://www.pnpvi.org)



## ADVERTISEMENT FOR BIDS

DATE: August 2, 2012

Request for Proposal: **RFP-0046-2012(P)**:

Pursuant to Chapter 23, Title 31, Virgin Islands Code, the Government of the Virgin Islands, Department of Health is requesting Proposals from Qualified businesses to provide **FOOD SERVICES** for the Residents of the Eldra Schulterbrandt Facility, St. Thomas, Virgin Islands.

Bids will be received by the Department of Property and Procurement, Division of Procurement (address):

Building #1  
Third Floor, Room 316  
Subbase, St. Thomas, Virgin Islands 00802

Until **4:00 p.m.** Atlantic Standard Time **Tuesday, August 28, 2012.**

Documents may be obtained from Department of Property & Procurement at the above address or at [www.pnpvi.org](http://www.pnpvi.org). For more information please contact Mr. Sal Griffith at (340)774-0828 ext. 230.

  
Lynn A. Millin Maduro  
Commissioner

OFFICE OF THE COMMISSIONER STX	DIVISION OF FISCAL & PERSONNEL STX	DIVISION OF PROCUREMENT STX	DIVISION OF PRINTING STT	DIVISION OF PROPERTY STX	DIVISION OF TRANSPORTATION STX	DIVISION OF CENTRAL STORES STX
TEL. (340) 773-1561	TEL. (340) 773-1561	TEL. (340) 773-1561	TEL. (340) 774-0828	TEL. (340) 773-1561	TEL. (340) 773-1561	TEL. (340) 692-5720
FAX: (340) 773-0986	FAX: (340) 773-0986	FAX: (340) 719-4451	FAX: (340) 714-1575	FAX: (340) 773-0986	FAX: (340) 719-4451	FAX: (340) 692-2564
STT	STT	STT		STT	STT	STT
TEL. (340) 774-0828	TEL. (340) 774-0828	TEL. (340) 774-0828		TEL. (340) 774-0828	TEL. (340) 774-0388	TEL. (340) 774-9054
FAX: (340) 777-9587	FAX: (340) 777-8443	FAX: (340) 774-9704		FAX: (340) 777-8362	FAX: (340) 774-1163	FAX: (340) 774 9333

GOVERNMENT OF  
THE VIRGIN ISLANDS OF THE UNITED STATES

**Request for Proposal – Negotiation  
Professional Services**

To: .....

Date: August 2, 2012

.....

RFP No. 0046-2012(P)

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Pursuant to 31 V.I.C. 239 (a) (4) and Rules and Regulations thereunder issued, the Government of the Virgin Islands, Department of Property and Procurement will receive proposals for the work described below. Proposals will be received until **Tuesday, August 28, 2012 @ 4:00 p.m. o'clock.**

**DESCRIPTION OF WORK AND PROJECT:**

The Government of the Virgin Islands, Department of Health is requesting Proposals from Qualified businesses to provide FOOD SERVICES for the Residents of the Eldra Schulterbrandt Facility, St. Thomas, Virgin Islands.

**SCOPE OF SERVICES:**      ATTACHED

## NEGOTIATED PROCEDURES:

The Commissioner of the Department of Property and Procurement will appoint Selection Committee to assist in the evaluation and selection of the Contractor. Accordingly current data on qualifications and performance should be submitted with proposals. After reviewing the qualifications and proposals the Committee will select for discussions from the firm/s or person/s considered not less than three (3), in order of preference, **deemed to be most highly qualified to provide the services herein required.** Discussions will be conducted successively and severally with the firms or persons so selected the anticipated concepts and the relative utility alternative methods of approach for furnishing the services hereunder.

## FACTORS FOR DISCUSSIONS

Selection criteria will include (i) Professional qualification, registration and general reputation of the principals of the firm or person; (ii) the extent to which the firm or person specializes in or has designed projects of a type and scope similar to the hereunder; (iii) familiarity with the area in which the project is to be located; (iv) capability of meeting design schedules; and (v) quality of performance on other projects.

## NEGOTIATION:

The Selection Committee shall recommend to the Commissioner **the highest qualified firm or person with whom a contract shall be negotiated.** The Commissioner, with the assistance of the Selection Committee, shall attempt to negotiate a contract with such firm or person.

Should the Commissioner be unable to negotiate a satisfactory contract with the firm considered to be the most qualified, at a price he determines to be fair and reasonable to the Government, negotiations with that firm will be formally terminated. Negotiations will then be commenced with the second most qualified, the third most qualified or additional firms, in order to preference and their competence and qualification, and shall continue until an agreement is reached.

Lynn A. Millin Maduro  
Commissioner of Property and Procurement



## **INSTRUCTION TO PROPOSERS:**

### **A. NOTICE**

#### **RFP-0046-2012(P) Qualified businesses to provide FOOD SERVICES for the Residents of the Eldra Schulerbrandt Facility, St. Thomas, Virgin Islands.**

Information provided in the scope of work is to be used only for purposes of preparing a proposal. It is further expected that each bidder will read the scope of work with care, for failure to meet certain specified conditions may invalidate the proposal.

The Government of the Virgin Islands, herein after referred to as GVI, reserves the right to reject any or all proposals or any portion thereof and to accept the proposal deemed most advantageous to GVI. Price shall not be the sole criterion of awarding this project. Scope and quality of work proposed and the ability of the bidder to complete this type of project shall also be considered.

Applicants are requested to submit proposals on the basis of the scope of work. Alternative proposals recommending new features and technology other than that requested in the scope of work will receive consideration providing such new features and/or technology is clearly explained. Any exceptions to the requirements requested herein must be clearly noted in writing and be included as part of the proposal.

The information contained herein is believed to be accurate, but is not to be considered in any way as a warranty. Request for additional information clarifying the Scope of Work should be directed in writing to: **Hon. Darice Plaskett, Acting Commissioner, Department of Health, (340) 774-0117.**

### **B. STATEMENT OF PURPOSE**

#### **RFP-0046-2012(P) Qualified businesses to provide FOOD SERVICES for the Residents of the Eldra Schulerbrandt Facility, St. Thomas, Virgin Islands.**

### **C. PROPOSED SCOPE OF WORK**

**See Attached Scope of Work**

**D. TIMETABLE**

1. Last day for requests or written clarifications will be **Tuesday, August 14, 2012 @ 4:00 p.m.**
2. Proposals will be accepted at Department of Property & Procurement, no later than **Tuesday, August 28, 2012 @ 4:00 p.m.**

**E. SUBMISSION OF PROPOSAL**

All interested parties shall submit **seven (7)** sets of proposals, which are to be delivered to the Department of Property and Procurement during normal business hours, no later than **Tuesday, August 28, 2012 @ 4:00 p.m.**

They shall be addressed to:

Lynn A. Millin Maduro  
Commissioner  
Department of Property & Procurement  
Building #1 Subbase, 3rd Floor  
St. Thomas, Virgin Islands 00802

The sealed envelope containing the proposal must have the following information written on the outside of the envelope:

**SEALED PROPOSALS-DO NOT OPEN**

**RFP-0046-2012(P)**

(Name of Bidder)

(Mailing Address of Bidder)

(Telephone Number of Bidder)

(Fax Number of Bidder)

Where proposals are sent by mail, the bidder shall be responsible for their delivery to Property & Procurement before the date and time set for the closing of acceptance of proposals.

#### **F. WITHDRAWALS OF PROPOSAL**

A proposal may be withdrawn at any time prior to the time specified as the closing time for acceptance of proposals. However, no proposal shall be withdrawn or canceled for a period of thirty (30) days after said closing time for acceptance of proposals nor shall the successful provider withdraw or cancel or modify his proposal, except at the request of GVI after having been notified that said proposal has been accepted by GVI.

#### **G. INTERPRETATION OF SPECIFICATIONS**

If any person contemplating submitting a proposal requires clarification of any part of the scope of work, he/she may submit to the GVI a written request for an interpretation thereof to: **Hon. Darice Plaskett, Acting Commissioner, Department of Health (340) 774-0117**. GVI will not respond to questions received after the above established date. The person submitting the request will be responsible for its prompt delivery. Any interpretation of the scope of work will be made in writing to all prospective providers. Oral explanations will not be binding.

#### **H. CONSIDERATION OF PROPOSAL**

The Commissioner of Property and Procurement shall represent and act for GVI in all matters pertaining to the scope of work and contract in conjunction therewith. **This RFP does not commit GVI to the award of a contract, nor pay any cost incurred in the preparation and submission of proposals in anticipation of a contract. GVI reserves the right to reject any or all proposals and to disregard any informality and/or irregularity in the proposal when, in its opinion, the best interest of GVI will be served by such action.** Proposals failing to provide some of the items in the scope of work shall not be rejected per se but any deviations from the scope must be clearly noted.

#### **I. ACCEPTANCE OF PROPOSALS**

GVI will notify in writing acceptance of one of the proposals. Failure to provide any supplementary documentation to comply with the vendor's proposal may be grounds for disqualification.



## J. CONTENTS OF PROPOSAL

The following is a list of information to be included in the written proposal. Failure to comply with all the requirements as outlined, will disqualify the applicant.

1. Introductory letter about the applicant:
  - a. Name, address, fax and telephone numbers.
  - b. Type of service for which individual/firm is qualified.
2. Organization:
  - a. Names/addresses of Principals of Firm.
  - b. Names of key personnel with experience of each and length of time in organization.
  - c. Number of staff available for assignment. (Local & Off-Territory)
  - d. Copy of Articles of Incorporation
  - e. Copy of Certificate of Resolution
  - f. Copy of valid Business License
  - g. Copy of Certificate of Good Standing
3. Outside consultants that will be retained for this project and percentage of work to be sub-contracted.
4. Project experience:
  - a. List of completed projects of similar type and estimated cost of each.
  - b. Current projects underway; scope; percentage completed to date and estimated cost of each.
5. Project References: (including a notarized written consent from the authorized representative which must include: name; telephone number; email address and facsimile number).
6. Project Approach:
  - a. Describe how you will approach this project and availability to perform the services requested.
7. **Cost:** The Cost Proposal must be submitted in a separate sealed envelope.

## K. CONFLICT OF INTEREST

A proposer filing a proposal hereby certifies that no officer, agent or employee of GVI has a pecuniary interest in this proposal or has participated in contract negotiations on behalf of GVI; that the proposal is made in good faith without fraud, collusion, or connection of any kind with any other Bidder for the same request for proposals; the Bidder is competing solely in its own behalf without connection with, or obligation to, any undisclosed person or firm.

## L. LICENSE REQUIREMENT

An award will not be made to any firm or individual doing business in the Virgin Islands to perform work with the Government of the Virgin Islands until evidence is submitted that the said firm or individual has a valid V.I. Business License to do business in the Virgin Islands. Bidders must submit hard copy of a valid V.I. business license within ten (10) working days after award.

All Bidders bidding as Joint Ventures must be licensed as a Joint Venture in the Virgin Islands.

## M. REQUIRED DOCUMENTS

1. **PUBLIC LIABILITY:** The successful bidder will be required to obtain and have in place public liability insurance and other insurance necessary as requested in this proposal package. Insurance policy (ies) shall name the Government of the Virgin Islands as "**Additional Insured**". The public liability insurance shall have a minimum limit of not less than **one hundred thousand (\$100,000.00) dollars** for anyone occurrence for death or personal injury and **one hundred thousand (\$100,000.00) dollars** for anyone occurrence for property damage. Bidder must provide public liability insurance within ten (10) working days after award.
2. **WORKERS' COMPENSATION:** Within ten (10) working days after award of project the successful bidder must submit a copy of their certificate providing that his firm and his agents are covered by Workers' Compensation Employee's Liability.
3. **FAILURE TO PROVIDE THE CERTIFICATES WITHIN THE STATED TIME PERIOD MAY RESULT IN THE PROPOSAL DEEMED NON-RESPONSIVE AND MAY BE IMMEDIATELY DISQUALIFIED WITH NO FURTHER CONSIDERATION GIVEN FOR POTENTIAL AWARDING OF THE CONTRACT.**



**SPECIFICATIONS FOR THE FOOD SERVICES  
for the RESIDENTS OF THE ELDRA SHULTERBRANDT FACILITY (ESF)**

**I. Requirements**

All bidders must have all of the following in order to be eligible to bid:

- Meal preparation facility that meets the sanitation requirements of local and Federal rules and regulations as well as having a health permit and all other required licenses.
- Capability to prepare the number of meals specified at the designated time.
- Capability to provide transportation of all meals to the requested site.
- Food handlers cards for all those who will be involved in handling/preparing food items, no matter how minimal the task.

**A. Sanitation and Food Handling Requirements**

The successful bidder shall comply with food handling and sanitation laws and regulations of the territory that govern the preparation, plating, handling and transporting of food. Food must be prepared, plated and handled with the least possible manual contact. Surfaces will be cleaned and sanitized to prevent cross-contamination. Dishes and utensils will be washed using water that is 171 degrees (77 degrees C) or above or using an approved chemical sanitizing solution. All food preparation facilities, food storage and food associated areas, and equipment shall be cleaned and sanitized on a daily basis.

All equipment (*i.e. the food carriers*) used to transport the meals shall be provided by the successful bidder. It is the responsibility of the successful bidder to clean and sanitize the carriers on a daily basis or more often, if needed. The carriers will be open to inspection by the Department of Health and shall be kept in good repair.

The successful bidder shall maintain a written documented formal sanitation program that meets or exceeds the minimum requirements of local authorities who are authorized to do inspections.

The successful bidder shall maintain all food preparation areas over which it has control in clean and sanitary conditions. All food preparation facilities and food storage and food associated areas, including equipment utensils, ventilation equipment (including filters), door cabinets, counters, garbage receptacles, etc. shall be cleaned and sanitized on a daily basis.

The Department of Health or any other authorized local employee may conduct inspection to determine compliance with any required rules or regulations. Further, facilities must be available for inspections by authorized employees of the Department of Health at least two weeks prior to the evaluation of the proposal.

## **Nutrition Standards: Menu Policies and Food Preparation Guidelines**

### **Purpose**

Menu standards are developed to sustain and improve client health through the provision of safe and nutritious meals, using specific guidelines for the following categories:

- Regular Menu
- Low Sodium Menu
- Diabetic Menu
- Puree Menu

All of the above menus must be low in fat. The content should not exceed thirty (30) percent of the total calories for each meal.

### **Menu Policies**

*Good sources of Vitamin A and C are required to be served daily*

#### **B. Menu Submission Protocol:**

1. **Menus:** A menu must be provided one (1) week in advance to allow for posting, ensuring the patients are familiar with the meals to be served in the coming week; the menu for the upcoming week must be submitted to the facility manager on Thursdays, before noon.
2. **Alcohol:** No alcoholic beverages can be served or used in any part of the preparation process of meals
3. **Advance Meal Preparation:** Meat, vegetable, and bread alternate components shall not be prepared earlier than 24 hours preceding their delivery. In all instances of advance meal preparation, proper preparation and storage techniques such as outlined in Virgin Islands Food Code shall be employed.
4. **Low Sodium Guidelines:** All meals, *including the "Regular" meals*, are to be prepared according to Low Sodium guidelines. Guidelines are as follows:
  - Limit the use of highly processed foods which may include commercially prepared frozen entrees and condiments that are high in sodium

- Low sodium bases/stocks should be used when preparing gravies
- Only fresh or frozen vegetables are allowed for vegetable option of meal.
- Do not add salt when cooking rice or pasta.
- Each meal must not be prepared with more than ½ **teaspoon** of added salt.



## **RECOMMENDED MEAL PATTERNS**

### **1. Regular**

<b>Food Groups</b>	<b>Amount to Serve</b>
1. Meat/Meat Alternative	4 oz. lean, cooked
2. Starch (bread alternative)	½ cup
3. Vegetable	½ cup or 1 cup' (1-2 servings)
4. Fruit	½ cup or 1 cup" (1-2 servings)
5. Dessert	½ cup or 1 serving
6. Bread/Grain	1 serving
7. Butter/Margarine	1 tsp.
8. Low Fat Milk	1cup

\* Vegetable and Fruit Servings should constitute ***three total servings per meal, excluding dessert***, e.g. if ½ cup vegetable is served, then 1 cup of fruit must be served for the fruit serving and vice versa.

**NOTE:** A food that is served within a meal may be counted within only *one* food group. For example, juice served as a fruit cannot be counted as a fruit and dessert.

### **2. Diabetic**

The same food groups are used as for "Regular." The only difference is that the dessert should consist of unsweetened or low sugar products. If canned fruits are used, then they should be packed in their own juice. Baked desserts should be made with a decreased amount of sugar or a sugar substitute. *One low sugar baked item for dessert is required to be served at least once per week.* The recipe and sample of the product must be provided to designated DOH staff or review and approval prior to service.

### **3. Low Sodium**

The same food groups are used as for "Regular."

### **4. Special Changes**

Changes in "Regular" meals may be offered where feasible and appropriate to meet the medical needs of the client. These changes do not require a physician's approval:

- The client asks for a *reasonable* change in entree due to religious or personal preferences. Requests will be honoured when possible, if the contractor is able and it is within nutritional guidelines.
- The client/client's representative requests an omission from the meal being served.
- Changes in meal consistency.
- The provision of fresh or water packed fruit or unsweetened desserts.

## **II. Meal Pattern Food Group Specifications**

### **1. Meat/Meat Alternative**

The meal shall contain four (4) ounces cooked edible portion of meat, fish, poultry, eggs, or cheese and must provide at least a minimum of 20 grams of protein. The following meal alternates may replace one ounce of meat (poultry, beef, veal, pork, and fish):

- 1 ounce of cheese (made with skim or partially skimmed milk)
- 1 ounce of tofu
- 1 1/4 cup dried peas or beans, cooked to volume; or 1/2 cup cooked peas or beans.

Lower fat entrees are recommended, such as poultry, fish products and lean meats.

Only ground round shall be used. Lean ground chicken or turkey may be used. No regular ground beef or hamburger will be served. Ground meat of any kind can be used no more than twice per week as a main entree.

Texturized Vegetable Protein (TVP) may be incorporated in some recipes with a maximum ratio of 30% TVP to 70% meat.

When meat alternatives are planned for the entree, a source of an iron and Vitamin C rich food must be included.

If a base is used for gravy preparation, the base must be low fat and low sodium.

### **2. Vegetables**

One to two servings of one-half cup drained vegetables must be served. Fresh or frozen vegetables are to be used. *The only canned vegetables that will be accepted are beets, lima beans, corn, and wax beans.*

*Mashed Potatoes*, if used, must be enriched with Vitamin C.

A good source of Vitamin A and C are to be served daily.

*Lettuce* alone may not count towards a vegetable serving. Lettuce and tomato may be served as one vegetable serving.

*Salads* shall be packaged in closed containers and maintained at a cool temperature. Individual packaged salad dressing will be provided with all salad.

*Vegetable Sauces*, such as tomato sauce, cannot count toward meeting the vegetable requirement.

### **3. Fruit**

The following is considered one serving of fruit:

- 1/2 cup drained canned fruit
- 1 cup 100% fruit juice

- Fresh fruit serving size - see Table B

Canned fruit must be packed in fruit juice, water or lite syrup. *Fruits canned in heavy syrup will not be accepted.* Canned fruit must be maintained at a cool temperature.

#### 4. Grains/Starches:

See Table C for serving sizes.

#### 5. Milk

Eight (8) ounces of reduced-fat milk fortified with Vitamins A and D must be served with each meal. Milk will not be accepted at temperatures above 40 degrees. If milk is not available, the following may be used as a substitute:

- 1 cup yogurt
- 1/2 ounces reduced fat cheddar or American cheese

#### 6. Fat

One teaspoon of butter or margarine spread in individual serving packages must be served.

#### 7. Desserts

One serving must be served. Desserts shall be packaged in closed containers. Perishable desserts shall be received by nutrition workers at temperatures not more than 40 degrees Fahrenheit.

*Fruit* must be served as a dessert two times per week with fresh fruit served at least two times per week subject to seasonal quality. When fruits are used as a dessert, another serving of a different type of fruit must also be served to fulfil the fruit group obligation.

The remaining desserts must include a baked product twice per week for regular, low sodium and low potassium diets and once for diabetics.

*Gelatin* is not allowed to be served as it does not travel well.

*Note:* Providers are encouraged to provide similar desserts for the regular and diabetic menus. For example, if pudding is on the regular diet menu, it is suggested that a no-sugar pudding be served as a substitute.

*Note:* When the dessert contains the equivalent of ½ cup mil per serving, it may be counted as ½

### III. Food Production/Distribution

1. **Number of Meals** - Separate cost proposals will be considered for the provision of individually packaged meals which meet specifications.



Based on our present operations we have provided the following information for a twelve (12) month period:

<u>QUANTITY</u>	<u>DESCRIPTION</u>	<u>UNIT PRICE</u>	<u>TOTAL</u>
11,680	Breakfast 32 Client – 7 days/week (365 days)		
11,680	Lunch 32 Clients– 7 days/week (365 days)		
11,680	Dinner 32 Clients – 7 days/week (365 days)		

Of the total number of meals estimated above, DOH will only pay for those ordered, prepared, accepted, and delivered.

## **2. Labelling of Meals**

The meal type must appear neatly on the food container.

## **3. Leftover Food**

The procedure for disposing of leftover un-served food is as follows:

- Cold foods that are not out of the expiration date such as fruits, bread, milk, juice, baked goods and salads, can be re-served the next day given that they are packaged and stored according to guidelines.
- No hot food shall be re-used.

## **4. Special Events**

The successful bidder must be open to negotiations for DOH-related special events such as picnics, conferences, and special holiday dinners. The price per meal will remain the same, although the successful bidder may be asked to provide items not normally served on to the program participants (e.g. sandwiches, ham, johnny cakes, etc.)

## **5. Meal Orders and Cancellations**

The Department of Health reserves the right to order or cancel meals up to 5:00 p.m. the day before the meals are to be provided. Limited changes in the number of meals (up to 10) may be requested up to 8:30 a.m. on the day of the order.

## **6. Delivery and Times**

The successful bidder shall be responsible for the delivery of all meals to the facility. The number of meals ordered by the Department of Health and delivered to ESF shall be as follows:

Breakfast – delivered by 7:45 a.m.

Lunch – delivered by 12:00 noon

Dinner – delivered by 5:00 p.m.

## **7. Accuracy of Meal Delivery and Payment**

- The successful bidder will be held accountable for the accuracy of all meals provided.
- The successful bidder will provide exactly the number of meals ordered.
- Damaged, spoiled, or incomplete meals will not be included when the number of meals provided for payment is determined.
- A meal of which any portion of the meal is spoiled, damaged, or missing, is considered incomplete and will not be included for payment.
- The Department of Health reserves the right to refuse payment on any meal not supplied within 30 minutes of the specified delivery time. The department reserves the right to obtain meals from other sources with the caterer responsible for any additional cost.

## **8. Emergency Procedures**

Emergency circumstances preventing the delivery of meals on the required day(s) are the responsibility of the successful bidder. In the event of unforeseen emergency circumstances, the successful bidder shall be required to immediately notify the Department of Health by telephone or messenger. Emergency situations affecting the successful bidder's ability to deliver meals will result in non-payment by the Department of Health for undelivered meals.

# **IV. Food Production Facility**

## **1. Facility Inspection**

The Department of Health, and any other designated entity reserve the right to inspect the successful bidder's food preparation facilities at any time without notice.

The successful bidder must meet, at least, quarterly with designated DOH staff for review and evaluation of services.

The Department of Health reserves the right to require the presence of the bidder or his/her representative at meetings when the Department of Health requests to resolve emergencies associated with the bidder's service to the program.

## 2. Facility Supervisor

The successful bidder shall provide management supervision at all times at the food preparation facility during meal preparation associated with this contract.

### TABLE A

#### ***Vitamin A***

A good source of Vitamin A must be served daily. A **½ cup serving** of the following fruits and vegetables are good sources:

Apricot	Mango	Green Peas
Avocado	Mixed Vegetables	Pumpkin
Broccoli	Okra	Spinach
Brussel Sprouts	Peaches	Sweet Potato
Cantaloupe	Green Peas	Tomato
Carrots		
Collard Greens, Kale and other dark leafy greens		

#### ***Vitamin C***

- For each meal, one good source of a Vitamin C rich food must be served.
- 100% Juices that are fortified with Vitamin C are allowed. Fruit drinks, even when fortified, are ***not allowed***. The following foods are good sources of Vitamin C per **½ cup serving**:

Asparagus	Brussel Sprouts
Cabbage	Caufliflower
Bean Sprouts	Bell Pepper
Cantaloupe	Broccoli
Fortified 100% Fruit Juice	Honeydew Melon
Okra	Mandarin Orange
Kiwi	Orange
Papaya	Mango
Pineapple	Potato
Strawberries	Spinach
Sweet Potato	Tangerine
Tomato/Sauce/Juice	TurnipGreens



**Table B**  
***Fruit Serving Sizes***

**Canned, or diced fresh fruit – ½ cup**

e.g.: Applesauce, fruit cocktail, sliced peaches, mandarin orange, diced fruits (e.g. pineapple)

**Canned, Other:**

e.g. 2 peach halves, 2 pear halves, 3 pineapple slices, 4 apricot halves, 3 prunes, 3 plums

**Fresh Fruit (1 whole fruit):**

Apple, Banana, Orange

**Fresh Fruit (2 whole fruits):**

Plums, kiwi

**Dried:**

3 heaping Tbsp raisins (or 1 individual serving box)

5 halves apricots or similar fruit

3 whole prunes

**Table C**  
***Dessert Serving Sizes***

- Maximum of 2 times per week

**Pies/Tarts (Not allowed for Diabetic Meals)**

One serving = 1/16 of 8" pie

**Cakes:**

One serving = one 2" square piece

**(Note:** Chocolate, coconut and carrot cake not allowed)

**Cookies:**

One serving = 2 small 2" diameter cookies **(Note:** Diabetics get one cookie).